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October 2016

# AMISH COUNTRY NEWS

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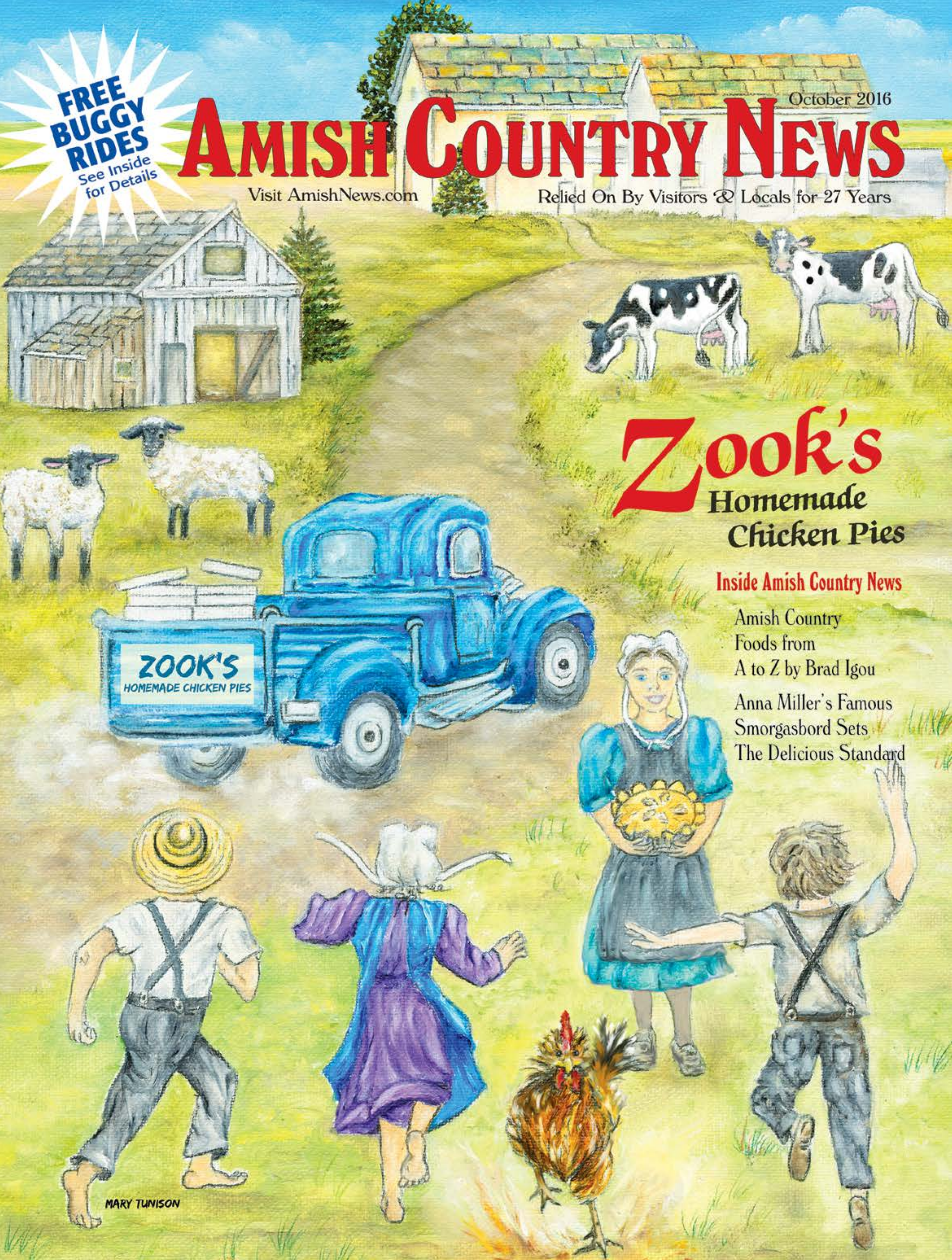


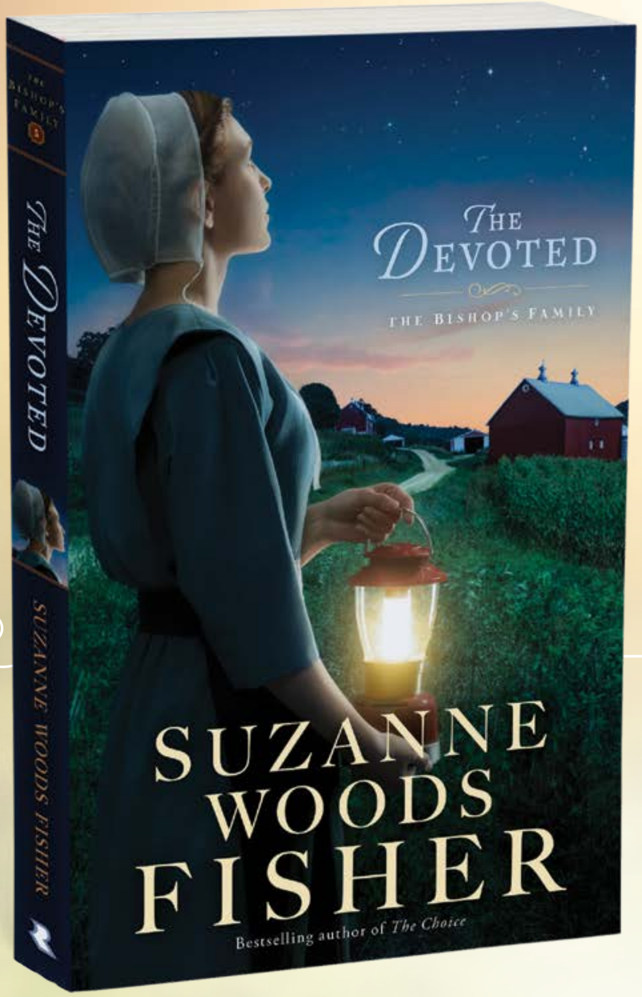
## Zook's Homemade Chicken Pies

**Inside Amish Country News**

Amish Country Foods from A to Z by Brad Igou

Anna Miller's Famous Smorgasbord Sets The Delicious Standard

# Bestselling author
# SUZANNE WOODS FISHER
# invites you back to Stoney Ridge for a story of dreams deferred and hopes fulfilled.



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While driving along Route 30 in Lancaster County, you may see a few unfamiliar, if not unique, sites. You may catch a glimpse of some folks dressed a little unusually. You'll probably see a few horse-drawn carriages instead of cars. And, you'll undoubtedly notice the Dutch Haven windmill. This landmark building has been drawing thousands of visitors each week to Lancaster County for the past 67 years. Opening first as a restaurant in 1946, the Dutch Haven operated with great success with a world famous Shoo Fly pie recipe.

Today, the Dutch Haven staple is still "America's Best Shoo Fly Pie." All you have to do is pass through the door and you will be offered a sample taste of this famous pie—warmed and topped with whipped cream, just like it was always served in the restaurant, years ago.

Some 40,000 pies will be sold at the Dutch Haven this year alone. While most of these shoo fly pies are purchased over the counter, some are shipped UPS. Many pies are sold to faithful customers who have been buying them from Dutch Haven for over half a century!

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Dutch Haven is open 7 days, Sunday–Thursday. 9am–7pm and Friday and Saturday 9am–9pm. For more information about this Lancaster County landmark call 717.687.0111.

As always at Dutch Haven, the famous pie that was featured in Time magazine is just part of the story. The windmill building now houses one of, if not the best, selections of primitive Amish pine furniture in the area. Corner cupboards, pie safes, chests, and shelves are all available. Hundreds of pieces of Amish woodcrafts fill what once were the dining rooms of this wonderful old building. In addition, thousands of other items from pot holders to copper crafts, T-shirts, small wood crafts, a stunning selection of pottery, and much more make Dutch Haven a true shopping experience.

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**By Clinton Martin**

Nineteen years ago, visitors to Amish Country would have experienced chicken pot pie as a hearty stew, more like a chicken and dumplings soup than a meat pie in a crust creation. That style of PA Dutch pot pie is still available locally. But these past 18 years have truly transformed the local taste for "pot pie." It's all part of the amazing success story of Zook's Homemade Chicken Pies.

The Zook's bakery is a busy flurry of activity, with both family, friends and neighbors working at Zook's, offering a testament to the unyielding work ethic of the Plain People. Four different pies are baked at Zook's. Expanding on the Chicken Pies that started it all are Beef Pies, Sausage Pies, and Vegetable Pies. The vegetable pies are not vegan or vegetarian, but they do offer a no-meat alternative. The sausage pies use local Stoltzfus Sausage, produced literally less than five miles from Zook's.

Also new from the Zook's "R&D" kitchen is a colossal, sweet and tart apple dumpling made from scratch on site. Noodles, pickles, jams, jellies, and fruits are also sold at Zook's. Truly, you can now pick up a complete meal to take home. Select a few pies as the main course, and then add the tempting apple dumplings for a grand dessert.

The apples used in the dumplings are grown locally at Kauffman's Fruit Farm, less than a mile away from Zook's. This is one locally inspired, delicious apple dumpling, a traditional PA Dutch delicacy that works well as a breakfast, lunch, dinner, or dessert treat.

Whether it is the meat pies or apple dumplings, the hard work of the family has certainly paid off as fans of Zook's Homemade Chicken Pies have continued to grow in large numbers year after year. What started out almost as a local curiosity has expanded its borders to include customers from virtually every State in the US, and even a few international visitors as well. (Leroy King, Zook's proprietor, recalls a family of Australians stocking the fridge of their RV for a month-long trek across the Country.)

So, how does a meat pie and apple dumpling bakery without a restaurant, selling meat pies and apple dumplings to take home, make such an impression?

It is all about the flavor. Everything is made from scratch. Raw ingredients like flour, milk, and a few other country kitchen standbys (I can't give away the whole recipe of course!) arrive in sacks, and the cooks, with focused dedication, combine and mix to create the crust. Rest assured, there are no frozen from-the-box crusts at Zook's! The golden brown flaky crust is both delicious to eat, and fun to watch gently warm in the oven. Leroy recommends using an oven to heat up the pies for the dinner table, as a microwave (while still an option) doesn't give the pies that grand crisped edge on the crust like a good dose of convection.

After the crust has been rolled out and tucked into a little tin pie-plate, the filling comes next. Whether it is the Chicken, Beef, or Sausage pies, the cooks are sure to sprinkle in generous cuts of moist and juicy meat, not ground up but purposefully left in beautiful chunks of savory protein. Of course, a variety of vegetables are swirled in with the meats, starring a cast of potatoes, carrots and onions. Holding it all together is a not-too-salty, not-too-plain gravy.

All the pies come in various sizes, and the apple dumplings in singles, doubles, etc. so you can feed your family, or indulge only yourself. Every day but Monday both fresh and frozen pies are available so you can pick up one to eat that day and one to stow away for later. On Mondays, only frozen pies are available.

Zook's Homemade Chicken Pies welcomes visitors to its retail shop, which is an annex on the side of the bake house. Parking is available, although visitors in cars are asked not to park in front of the hitching posts which are reserved for local Amish customers arriving in horse-drawn buggies. The store is open Monday through Saturday, closed Sundays and religious holidays.

**Zook's Homemade Chicken Pies** is located at 3194 Harvest Drive, Ronks PA. From Route 340 (the Old Philadelphia Pike) just west of Intercourse turn south onto Old Leacock Road, between the old Presbyterian Church and Mount Hope Wine & Beer Gallery. After about one mile, you'll come to Harvest Drive. Turn right, and Zook's is immediately off to your left. If for some reason you absolutely can't make it to Zook's in person, the pies are available at over 100 farm markets. **Call Zook's at 717-768-0239 to ask for a market near you.**

# The History of Zook's Homemade Chicken Pies

**By Leroy King**
***Zook's Proprietor***

We all have had those unforgettable moments when the world seems to come to a screeching halt, time stops for a moment and years later, maybe even for the rest of your life, you still recall where you were, what you were doing and who you were with at that precise time. Think September 11th, 2001 and you will probably know exactly what I am talking about.

However as you well know, it is not always an event that affects a whole nation that causes such a reaction. We also can experience more private unforgettable moments.

One such moment for me was the day I first tasted a Zook's Homemade Chicken Pie. I remember it like it was yesterday, even though it took place almost 20 years ago. I was working at the Farmer's Market in Newtown, PA, and had not been feeling well that day, when a lovely young co-worker came up to me and said she had a chicken pie that I absolutely needed to taste. "No thanks." I said. "I don't feel well, I'm not hungry, and quite frankly chicken pie just doesn't sound good right now at all."

Well, knowing that she had some exceptionally good food in her hands and probably having heard from her PA Dutch heritage the old saying. "The way to a man's heart is through his stomach," she pleaded until I agreed to take a bite. One bite did it! The world screeched to a halt, time stood still and well, you get the picture. I looked at this young lady and said. "WOW! That is good. Where can I get some more?"

Turns out her family had started making these pies as a way to use up chicken they had left over from market. And this was only the first of many pies that she has served me, though the menu now includes not only chicken but beef pie and more recently sausage pies as well. You see, I married that young lady a few years later. And almost ten years ago we were blessed with the opportunity to take over the family's meat pie making business.

Even though the business has expanded to accommodate the over 100 stores and markets that now carry the Zook's pies, the recipe stays the same. Chunky pieces of meat and wholesome vegetables in mouth watering gravy all baked into a flaky and delicious, made from scratch pie crust is still the order for each one of the Zook's pies made today.

You can find these pies at many of the PA Dutch Farmers Markets in eastern PA, Maryland, Delaware and New Jersey, and also in some local stores. Our retail store is located about 1½ miles southwest of Intercourse at 3194 Harvest Drive, Ronks, PA, where you will find not only meat pies, but our own homemade apple dumplings, as well as an assortment of local canned goods including pickles, beets, chow-chow, applesauce, local grown peaches, jams and jellies and more.

Our pies and apple dumplings can be bought frozen or just refrigerated. We have insulated bags and ice packs to keep your purchase cold while traveling. Remember, we don't have a restaurant and we don't serve the pies hot. To place an order or with questions on how to find us, you can call 717-768-0239, but you will probably need to leave a message. The retail store is open 8-5 on weekdays and 8-4 Saturdays. We're closed Sundays.

## Real Reviews from Real People

**Jeffrey W. MacManiman** ★★★★★

*Beware these pies! You'll find yourself wanting more the moment you finish one. You'll find yourself rationing the ones you have remaining until you can plan a trip to pick up more. Sometimes I feel like a dealer... we'll buy a case because we know people who will also take 6-8 of them off our hands right away. You can get them elsewhere, but why not just go to the source? Now I want another one...*

**Sandy Mendes Fardie** ★★★★★

*I came across Zook's as I was meandering my way around the area. The homemade chicken pot pie sign caught my eye and I decided to give it a try. These are by far the best chicken pot pies I have ever had! My husband and I loved them so much, I went back the following day and bought 12 to bring home with us to Massachusetts (don't worry - I bought frozen ones and we have a camper with a freezer so they will make the trip well!). I highly recommend these pies!*

**Kay Hoover** ★★★★★

*Just finished the chicken pie from Zook's. Best chicken pie ever. Sorry I only ordered one. Definitely want more.*

*A Pie for Everyone...*
*A Pie for Everyday*

**Zook's**
**Homemade**
**Chicken Pies**

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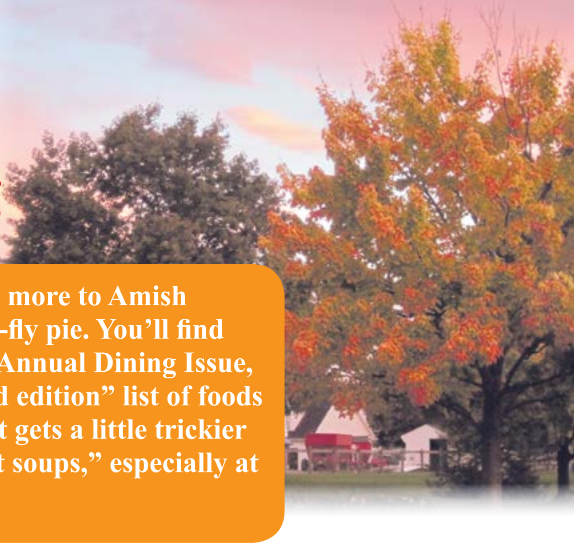
# From A to Z - A Dictionary of Dutch Country Dining



**Savvy visitors and locals know there is a lot more to Amish Country foods than apple butter and shoo-fly pie. You'll find plenty to read about food throughout our Annual Dining Issue, but I wanted to have some fun and offer a "third edition" list of foods we locals love, from A to Z. Each time I do this it gets a little trickier not repeating anything from my prior "alphabet soups," especially at the end of the alphabet!**

**By Brad Igou**

**A is for Applesauce** It's the time of the year for apples, and you will see lots of people buying lots of apples to make homemade applesauce and "putting it up" for the winter.

**B is for Brussel Sprouts** I didn't care for these, until I got a recipe to pickle them with vinegar and sugar and diced onions. Let them "age" in the refrigerator. Delicious! And until a few years ago I had never seen Brussel Sprouts growing…on a tall stalk. Who knew?

**C is for Cantaloupe** Eating cantaloupe for breakfast almost every day is something I love. And when the local cantaloupes are in season, I'm in heaven. This year I found some new farms I frequented on the way home. At one you just drop your money in a plastic bucket and drive away with the melon of your choice.

**D is for Dandelion Greens** When I was in elementary school, I decided one day to pick a bouquet of these pretty yellow flowers for my mother. Rather than look horrified when I handed them to her, she smiled and thanked me. Until just a few years ago, I was still drinking her homemade dandelion wine. Smooth and sweet, and preferred over eating them cooked or in salad. Now if I could just keep them out of my yard!

**E is for Elbow Macaroni** It would be unusual here to go to a buffet or restaurant and not see macaroni salad, and I love it. Of course, there is now gourmet Mac & Cheese. This is one versatile little pasta.

**F is for Firehall Dinners** Volunteer fire companies dot the countryside here, and I always admire those men and women who man the trucks, and raise funds for equipment with periodic home-cooked dinners. With so many companies, it's not hard to find a dinner somewhere. Sometimes it's breakfast. Ronks is legendary for chicken corn soup. The ox roast at Smoketown is a personal favorite. Hand-in-Hand (Bird-in-Hand) has several, with chicken pot pie, ham and green beans, and BBQ chicken among them. If you see one while visiting, chow down or take out and support a good cause. It's the American spirit at its finest.

**Continued on Page 6**

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**G is for Goat Milk** Quite a few people raise goats for their milk…and to make cheese and even soap. I once visited an Amish farm and watched the goats being milked by machine, not unlike the way the Amish milk cows. Goat's milk cheese has a distinctive flavor. (I also find goats cuter than cows.)

**H is for Hershey Chocolate** Need I say more? My father attended Milton Hershey School, so we were never without chocolate. In the old days, I'd always look for the dark or semi-sweet chocolate mixed in with the other mini-bars. It just took the rest of the world a little time to catch up with me, but now lots of people love dark chocolate. Even better news --- it's good for you!

**I is for Indian Food** Of late I've gotten interested in Indian culture. I discovered we even have an Indian Organization of Lancaster County. In September I went to their festival at Millersville University, and enjoyed music, dance, and great Indian food. We are blessed to have many ethnic groups here in Lancaster, so you can eat your way around the world, from Italy to India to Mexico.

**J is for Jell-O** Jell-O is certainly not unique to Dutch Country, but has always been popular in creating interesting salads and desserts, often layered with fruit and cream cheese, etc. I have many memories of going to church socials and potluck dinners and seeing these colorful dishes.

**K is for Kung Pao Chicken** Oh yeah, we have great Chinese restaurants, too!

**L is for Leftovers** This is my preferred food for lunch at work.

**M is for Mint Tea** Also called meadow tea, this tea grows wild, and sometimes takes over a garden if you are not careful. It also comes up every year, something I appreciate (low maintenance). Whether you like it iced or hot, sweetened or not, freshly made mint tea is delicious and refreshing. Some of our local grocery stores actually sell the leaves to city folk!

**N is for Nuts** No, we don't grow them, but we sure do enjoy snacking on them! You

**Continued on Page 10**

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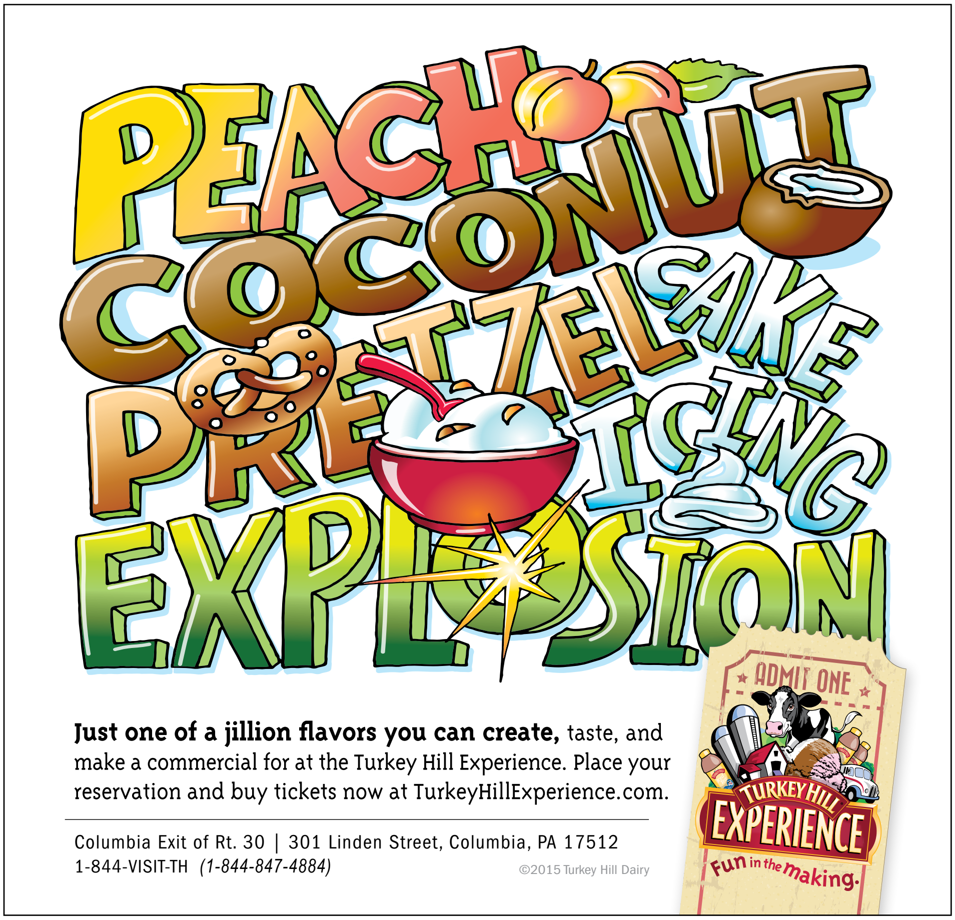

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BirdinHandAntiqueMarket.com
Kauffman's Market, Intercourse
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KauffmansFruitFarm.com

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# After 5 Activities

If you're looking for something to do during the evening hours there are always movies, shopping malls, outlets, comedy clubs, and lounges at the larger hotels. But here is a list of interesting ideas for the entire family. **NOTE:** See respective ads for details. More activities in our Events section. 717 area code unless noted otherwise. An * denotes coupon.

***Aaron & Jessica's Buggy Rides**
723-0478 (till dusk)

***Amish VIP (Visit-in-Person) Tour**
768-8400 (5:00pm-8:00pm)

**Bird-in-Hand Stage**
800-790-4069 (call for show times)

**Dutch Apple Dinner Theatre**
898-1900 (call for show times)

**Dutch Haven**
687-0111 (till at least 7:00pm)

**Hershey's Chocolate World**
534-4900 (till at least 8:00pm. Call for schedule)

**Pennsylvania Renaissance Faire**
665-7021 (Saturday & Sunday til 8:00pm)

**National Christmas Center**
442-7950 (till 6 PM)

***Rainbow's Comedy Playhouse**
687-4300 (call for show times)

**Strasburg Rail Road**
687-7522 (call for schedule)

***Strasburg Scooters**
344-2488 (6:00pm tours on select days)

**Village Greens Mini Golf**
687-6933 (till at least 9:30pm. Call for schedule)

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Miller's Quilt Shop
(717) 687-8439

**October 9**
*Vintage Baseball Day*
Strasburg Rail Road
(866) 725-9666

**October 14-16**
*Steampunk Unlimited*
Strasburg Rail Road
(866) 725-9666
Saturdays & Sundays

**Through October 30**
*PA Renaissance Faire*
(717) 665-7021

**Oct. 2, 9, 16, 23, 30**
*Champagne Brunch*
Eden Resort
(717) 569-6444

**Oct. 16, 23, 24**
*Live Music in the Pub*
Union Barrel Works
717-335-7837

**Now through Oct. 29**
*Is there Life After 50?*
Rainbow's Comedy Playhouse
800-292-4301

**Now through October 22**
*Magic & Wonder Illusionist Show*
Bird-in-Hand Stage
(800) 790-4069

**Now through November 5**
*Josiah for President*
Bird-in-Hand Stage
(800) 790-4069

**Now through Nov. 12**
*Anything Goes*
Dutch Apple Dinner Theatre
717-898-1900

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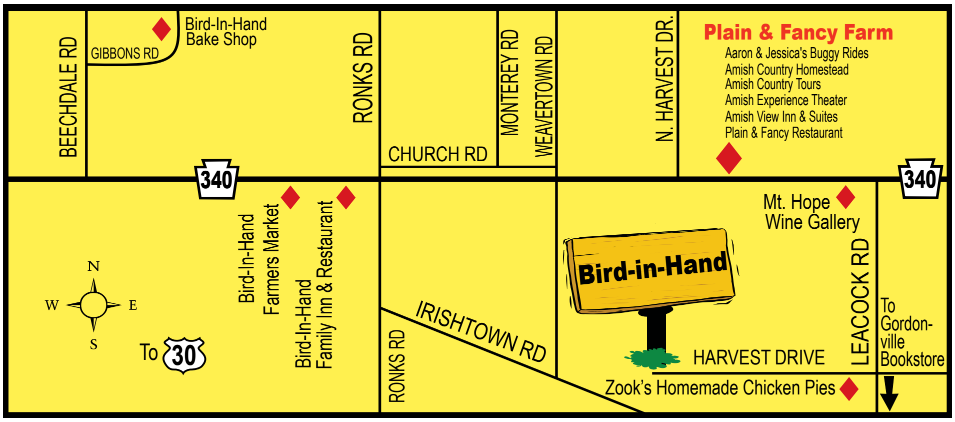
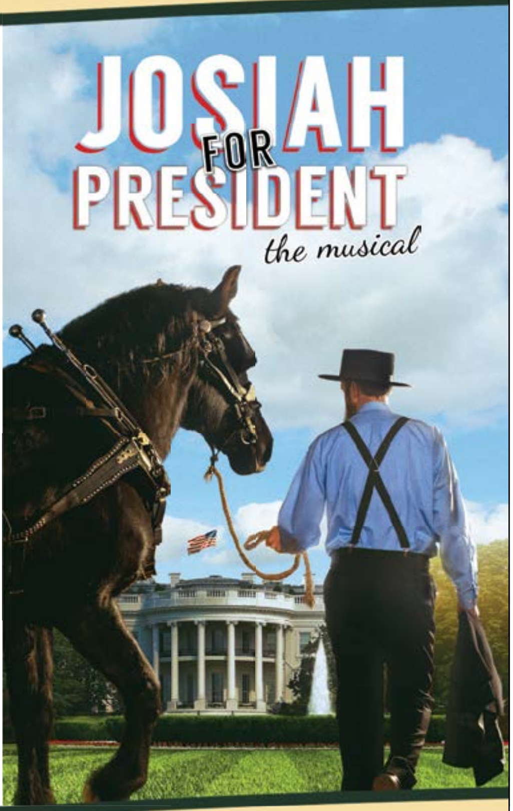
# Welcome to the Village of Bird-in-Hand



Of the many unique village names that dot the Amish Country map, one of the more interesting is Bird-in-Hand. William Penn, an English Quaker, had founded the colony of Penn's Woods, and settlers began arriving from Europe in the early 1700's, moving westward from Philadelphia. The trip by stagecoach, or Conestoga wagon with freight and merchandise, lasted several days. Inns were built every few miles, identified with signs held by an iron pole or attached to the side of the building. The reason for the signs was so that they could be understood by all nationalities. Further, since many teamsters or wagoneers were poorly educated they could not read. Given orders to stop at a certain inn, they were able to do so by recognizing the artwork on the signboard.

The legend of the naming of Bird-in-Hand dates to the time when the Old Philadelphia Pike was being laid out. By 1734, surveyors at McNabb's Hotel were discussing whether they should stay at their present location or return to Lancaster to spend the night. One of them said, "A bird in the hand is worth two in the bush." The sign in front of the inn, which became known as the Bird-in-Hand Inn, is known to have once "portrayed a man with a bird in his hand and a bush nearby, in which two birds were perched."

Variations of this sign appear throughout the town today. McNabb's Hotel was destroyed by fire in 1851. By the following year, a three-story hotel was built to replace it. More recently, it was Bitzer's Hotel before becoming the present Village Inn of Bird-in-Hand, a beautiful bed and breakfast property. The Historic Preservation Trust of Lancaster County states that the existing brick building "may be one of the few 19th century inns in the context of a small town in Lancaster County, which survives with a high degree of architectural integrity." It is listed on the National Register of Historic Places. When referring to their bird in hand symbol, some residents say that the bird nestled in the human hand indicates friendship, comfort, and hospitality, all of which you'll discover in this perfectly delightful little village of shops, farmers markets and eateries.



Vote Plain

Now through November 5

Just in time for the election season, the hit musical *Josiah for President* returns to the Bird-in-Hand Stage. Scandal, back-stabbing and politics-as-usual are center stage until an unlikely encounter changes the course of the country. Can a plain man of faith truly turn the tide of politics and become the leader of America? Come see why this captivating journey has already captured the vote of thousands.

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## Dutch Country Dining

**(Continued from Page 6)**

can tell by all the bags and containers in our many bulk food stores.

**O is for Omelets** Breakfast comes early for many people here, whether farmers or not. Many restaurants open at 6:00am. When I lived on an Amish farm, we ate breakfast AFTER we milked the cows. But for a fancy omelet, I'd have to go to a restaurant (or make one myself). Smorgasbord restaurants are fun because you can pick the ingredients and watch it being made right in front of your eyes!

**P is Pumpkins** Well, it is October, after all! You'll see pumpkins growing in the fields, wagon loads of pumpkins of all shapes and sizes being sold for decorations, and pumpkins taking over dessert… pies, muffins, whoopie pies, even ice cream.

**Q is for Quinoa** We are indeed seeing other types of grains here, which I suppose is part of a national trend of late. This is fortunate because I don't have many "Q" words to choose from.

**R is for Relishes** There are many kinds of relishes, and many people "can" them for the winter. Chow chow (pickled vegetables) and corn relish are my favorites. But you will also find hot sweet pepper relish, cranberry relish, sweet onion relish, green tomato relish, sweet pickle relish, etc. I relish the opportunity to try every one. (Tell me you didn't see that one coming!)

**S is for Shoo-fly Pie** Great even when the flies are not in season (just joking)! In reality, there is more variety to these pies than you think. Ever try chocolate shoo-fly pie? Or shoofly cake? There's even a shoo-fly liqueur and shoo-fly ice cream. Some of us enjoy this pie for breakfast!

**T is for Toast** A dull choice you might say for the letter "T." But let us not underestimate delicious toasted homemade bread for breakfast… white, wheat, rye, raisin, sourdough… with butter and/or homemade jam. And then there are the sandwiches. Fresh tomatoes in a BLT can't be beat for a simple, delicious sandwich. So here's a toast to "toast."

**U is for the Unique Foods** The word "unique" is often overused, but we do have some foodstuff that may legitimately qualify, even if they aren't totally unique to us. Have you tried cup cheese, stuffed pig's stomach, pork souse (head cheese), or calf's foot jelly? Do you even want to?

**V is for Vegetable Soup** Everyone has vegetable soup, but when it's made from scratch, starting with the beef bone and meat, adding fresh veggies, it's really fabulous. When I was little I turned my nose up at vegetable soup. Now I know better. Forget the cans!

**W is for Whoopie Pies** There has been some controversy about who "created" the whoopie pie. We Pennsylvania Dutch did. So there. With so many varieties and even a Whoopie Pie Festival, who could argue? And I take credit for first eating them frozen like an ice cream sandwich.

**X is for Xmas Cookies** Always a highlight of the season is the vast array of Christmas cookies, which many of us are still eating a couple months into the New Year! I have a story… *I once helped some Amish fill out an insurance form after their buggy and a car scraped each other. They wanted to pay me for my help. I declined. So as I left,*

**Continued on Page 18**

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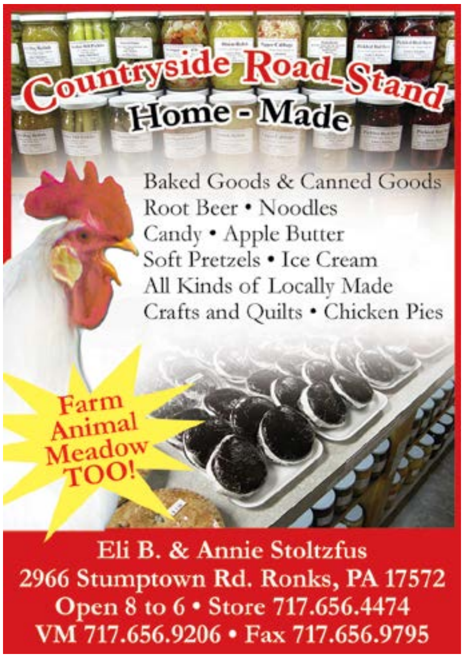
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# 85 Years Later...Anna Miller's Famous Smorgasbord Continues to Set the Standard

**By Clinton Martin**

Miller's Smorgasbord traces its roots back to 1929, when the "smorgasbord" was more of a truck than a dining stop. Mr. Miller fixed trucks, and Mrs. Miller fixed something to eat. Her specialty was chicken and waffles, and my how the word spread! Soon trucks began miraculously "breaking down" along Lancaster's Lincoln Highway, never too far from Miller's.

Today's Miller's Smorgasbord does more than honor the surname of the founders. Chicken & Waffles are still a constant on the buffet. Most visitors gleefully try the famous signature dish, but the cornucopia of boundless and ever-tempting items on the high quality buffet garner accolades just as often.

I've eaten at Miller's in the recent and distant past, and I will eat at Miller's in the future, but I decided to eat at Miller's in the present in order to provide readers of *Amish Country News* with current, in-the-moment details about this Amish Country icon. In full disclosure, I was dining with a female coworker, but this was by no means a date (my wife will read this) and yes, I started out with a plate full of vegetables (my mother will read this).

Miller's Smorgasbord offers various ways to dine, but among the buffet options, there is the grand smorgasbord, which is what I always choose, or the Soup, Salad, and Bread buffet, which is competitively priced, but just too limited for my meat-minded self. Apparently my platonic companion agreed, so the grand smorgasbord was our mutual choice.

I started, as before mentioned, with a healthy dose of vegetables. There were steamed vegetables, green beans, wax beans, carrots, peas, corn, and others. But I also eyed the flame-grilled varieties, like green peppers, roasted red peppers, sautéed onions, marinated seasoned mushrooms, summer squash and zucchini. In fact, I found the grilled vegetables to be especially satisfying. They had an authentic charcoal taste, as if they'd been grilled over true briquettes, though I can't imagine Miller's actually has a pile of Kingsford behind the carving station.

Speaking of carving stations, there were two meats available, a slow-roasted juicy roast beef, and a deeply flavorful chicken counterpart. To test the man with the knife on his carving skills, I graciously accepted a slice of each. Wow, and with fabulous horseradish sauce, I was careful to slowly enjoy every bite.

By now my plate was empty, and prior to returning to the buffet I realized I had nearly forgotten I wasn't dining alone. I decided to inspect my friend's plate. Alas, as I saw to my chagrin, a bursting, colorful salad composed on the plate across from me, I was reminded of the "responsible" menu selections also available.

She assured me it was very tasty, what with pickled red beet egg, greens, fresh veggies, a variety of fancy lettuce, and a light drizzle of balsamic vinaigrette. Suddenly the salad bar sounded more worthy of a visit after all! I passed by the salad fixings and gathered a few things that looked especially good, including one item that blew me away. There was a gorgeous plate of cream cheese with local pepper jam slathered on top. This was meant to be spread together on breads, crackers, whatever. It was revelatory in taste, and a treat I had never seen on a Lancaster County buffet before.

I rounded out my plate with a bowl of soup. I chose the ham and bean soup, which is a local Lancaster County favorite. I found the Miller's version had bacon, a welcome surprise. It was truly hard to choose from the eight (yes, eight homemade soups), but I definitely got it right.

While I polished off the last drop, I observed my dining partner had now moved into the much more interesting realm of proteins, which included one of the most perfect looking slices of grilled ham with cider sauce. She commented on its freshness, a slightly sweet, a slightly sour, porcine quality, and I determined that I, too, would need to try a slice. Since she so well recommended something for me to try, I decided to reciprocate. I urged her to try what is, and forever will be, my favorite item on the Miller's buffet – the Swedish Meatballs.

The flavor packed into these seemingly lowbrow meatballs is incredible, with just the right amount of sauce cradling the finely ground and perfectly round meat. While she too had eaten at Miller's many times, she had never tried them. After imploring her some more, she caved and sampled a few. She exclaimed that it was a bad thing that she had tried them, and at first I thought I had somehow taken the part of an Eve, and she an Adam. Then I realized she meant the meatballs were so good, it was bad for her, because she'd never be able to resist them again! I was relieved at the thought that the only thing I had corrupted was her diet.

started in 1929 when Anna Miller served
Chicken & Waffles
to truckers as her husband fixed their rigs
MILLER'S RESTAURANT
CHICKEN & WAFFLES

As she continued to finish the chicken, pork and vegetables that remained on her plate, I determined I was at a cross-road. I decided on just one more plate. Either it would be a plate of delicious savory hot foods, or a plate of dessert to top it all off. Inasmuch as I needed to provide ravenous readers with full coverage of the Miller's experience, I went with dessert.

I had nearly forgotten how many pies, cakes, and puddings Miller's offers, but it was the baked spiced apple that I had missed the most. I made a pie ala mode, where the ice cream was replaced by the sweet syrupy apple. The pie was of course delicious, a lightly toasted coconut creation that went well with my fresh brewed coffee. But the hero of this final bite was the apple. It appeared simple. Cored, peeled, and barely dressed up but for some caramel drizzles and cinnamon sprinkling. But the apple itself was amazing… tart, not too sweet, bold, while still yielding to the sweet and spice of the dressing. Warm and just soft enough to cut with a fork, the baked apple remains, for me, a must meal-topper at Miller's. Again, something I've never seen at any other Lancaster buffet.

While we sighed and swayed our way out of the tastefully appointed lobby, we agreed that this was one lunch that won't be topped for a long, long time. I know you'll enjoy your own meal explorations at Miller's. I wouldn't delay making it happen.

Miller's Smorgasbord is at the intersection of Ronks Road and Route 30. 2811 Lincoln Highway East, Ronks, for those GPS dependent. For information and call ahead seating, 800-669-3568.

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# Oktoberfest – Steins Stand Tall at Sam's Man Cave

By Clinton Martin

Munich, Germany's Oktoberfest is easily the world's most famous festival of hops and grains. A "wunderbar" sidebar is the annual exclusive beer stein created to celebrate the event. You can fly to Munich and get your own, or you can make the far more reasonable journey to Sam's Man Cave in Lancaster County and have the genuine, real-deal stein, shipped directly to Sam's from Munich for your personal collection.

Sam May, proprietor of Sam's Man Cave, has been collecting and selling breweriana and man cave swag for fifty years, give or take a few, and his relationship with German stein-makers is unmatched in the barware world. So much so that he is afforded special access to these official steins.

The 2016 stein is 7 and 3/4" tall, holds one liter of your favorite brew, and is made of classic German ceramic. It features the official artwork of the 2016 Munich Oktoberfest. Each mug is dated on the front with the artist's signature on the bottom.

See the 2016 stein today at Sam's, and while browsing, take a peek at the stein from the year of your birth, the year you got married, the year you won the championship, etc. Sam's has them all! Sam's Man Cave is located at 2207 Lincoln Hwy. East, Lancaster, PA 17602. Call (717) 394-6404 or log on to www.samsmancave.com.

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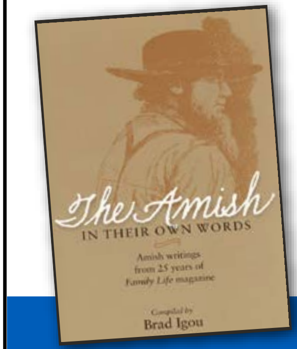

There are many entertaining books about the Amish anywhere books are sold. Most are worthwhile, and provide hours of enjoyment. But, where does one turn to hear the voice of the Amish themselves?

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Good Sam

## SUNDAY ACTIVITIES

For Plain People, Sunday is a day of rest, but there are many things to do in Amish Country on Sundays. Plan ahead and save some of these for your Sunday sight-seeing.

NOTE: See respective ads for details. 717 area code unless noted otherwise. An * denotes coupon.

***Aaron & Jessica's Buggy Rides**
768-8828 (10:00am-4:30pm)

***Amish Experience**
768-8400 (9:30am-5:00pm)

**Choo Choo Barn**
687-7911 (10:00am-5:00pm)

**Dutch Apple Dinner Theatre**
898-1900 (call for show times)

**Dutch Haven**
687-0111 (9:00am - 9:00pm)

**Hershey's Chocolate World**
534-4900 (Open Every Sunday Year Round except 12/25)

***Pennsylvania Renaissance Faire**
665-7021 (Saturdays & Sunday til 8pm)

**National Christmas Center**
442-7950 (10:00am – 6:00pm)

***Rainbow's Comedy Playhouse**
800-292-4301 (Sunday Twilight)

**Renninger's Antique Market**
336-2177 (Open Every Sunday 7:30am-4:00pm)

**Shupp's Grove Antique Market**
484-4115 (7:00am – 4:00pm)

***Strasburg Scooters**
344-2488 (Schedule varies. Call for info.)

**Strasburg Rail Road**
866-725-9666 (Schedule varies. Call for info.)

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**A Lancaster Original.** Amos, Ben, Manny and Elmer are some of the Amish farmers who supply the restaurant with the farm-fresh produce it serves on a daily basis. Depending on the season, sweet corn, tomatoes, watermelon, cabbage, broccoli, squash, peppers and onions are all sourced from farms within a horse-and-buggy's drive. These neighbors, and the neighbors before them, have helped Plain & Fancy go "from farm to table" for over 50 years. The restaurant is AAA recommended, a PA Preferred and ServSafe award winner, and the Pennsylvania recipient of USA Today's Great Plate Award.

**The Amish Farm Feast.** Plain & Fancy Farm Restaurant is best known as Lancaster County's original family-style restaurant. The all-you-can-eat Amish Farm Feast includes your entrees, side dishes, starters, desserts and beverages. Enjoy fried chicken, roast beef, chicken pot pie, baked sausage, real mashed potatoes, buttered noodles, green and yellow string beans, sweet shoe peg corn, chow chow, cole slaw, raisin bread, rolls and apple butter, lemonade, iced tea, hot tea, coffee, sour cream apple crumb pie, shoo-fly pie and vanilla ice cream. It was this very meal that drew Man Vs. Food's Adam Richman to Amish Country, where he went behind the scenes in the Plain & Fancy kitchen for one of his popular show's episodes.

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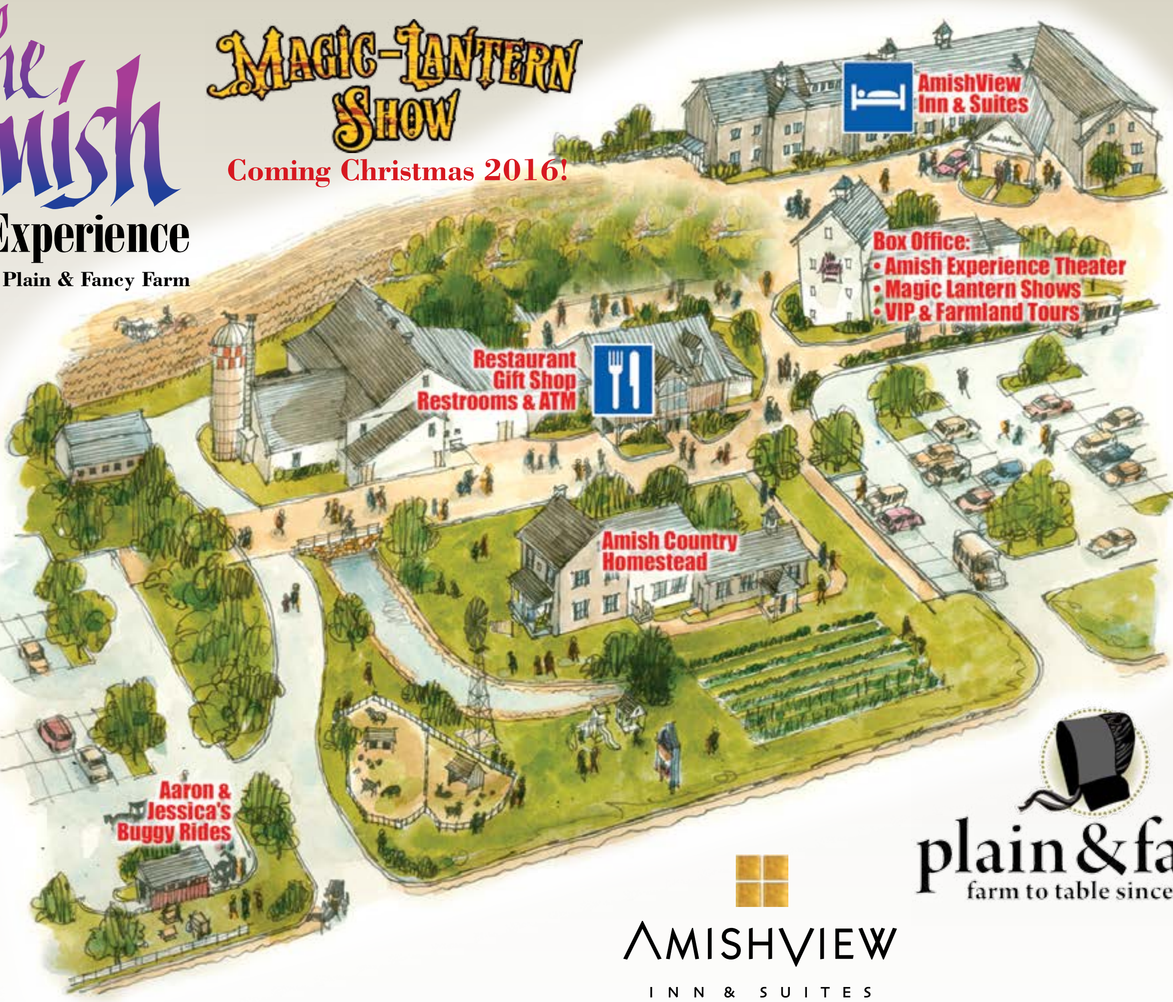

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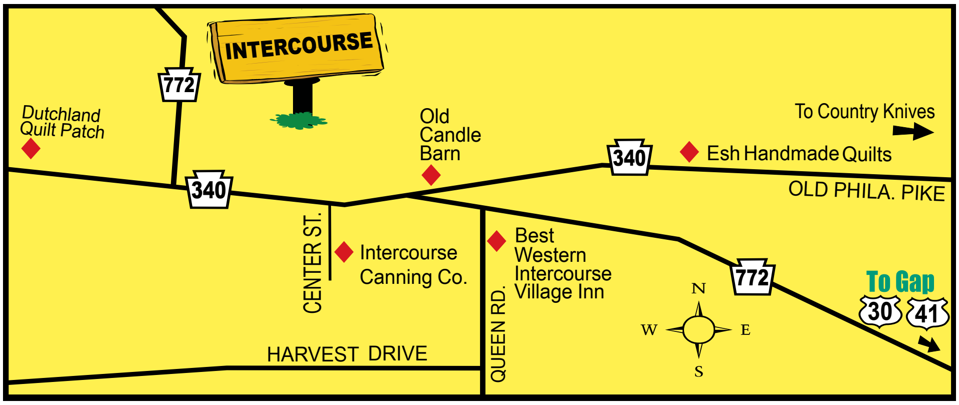
# Welcome to Intercourse PA



Perhaps no other town in the entire country can claim its fame on just one simple thing --- its name. Harrison Ford drove a buggy past the road sign on a memorable visit in the Hollywood blockbuster hit of the movie "Witness." For years people have postmarked “Intercourse” on envelopes, and the jokes from visitors who travel through Bird-in-Hand to Intercourse are endless. There are several theories for the name, but that which we find most plausible follows.

Around 1730, the Old Provincial Highway (now Route 340) was laid out to connect Philadelphia with Lancaster. Conestoga wagons hauled freight back and forth between the two cities. Providing rest for travelers and horses, taverns sprouted along the way, becoming centers for news, gossip, and commerce. The construction of a log tavern in 1754 at the intersection of Newport Road and the Highway took “Cross Keys” as its name.

It remained such until 1814, when the name was changed to Intercourse as part of a failed real estate scheme of a Mr. George Brungard, who had acquired 48 acres of nearby land and attempted to lay out a town site and divide it into sections for sale by a lottery, advertising “151 handsome building lots of $250 each to be drawn for by number.” Renaming the town made sense, as intercourse had a common usage referring to the pleasant mutual fellowship and frequent intermingling which were so common in the informal atmosphere of the quiet country village. Over time, Brungard’s scheme begat others. As recently as 1971, an enterprising soul tried to take advantage of the town’s name by selling deeds for one-inch square plots of Intercourse to visitors. Creative, but nonetheless a failure. By 1880, Intercourse had a population of 280 with a post office that actually moved among stores or restaurants as owners hoped visits by residents would increase their business.

The local stagecoach service started around 1898 as “a single horse conveyance similar to a market wagon, with a roll-up curtain and double set of seats.” When the stagecoach driver knew of passengers beforehand, their comfort on cold days was added to with the placement of hot bricks heated in the oven, and wrapped in newspaper to preserve their warmth.

As the days of the dirt road drew to a close, so too did the stagecoach era. In 1923 a transit company was organized and bus service initiated to and from Lancaster. While “many of the Amish residents of the area were eager to see the line started, they did not want to invest in stock of the Company. Instead they bought books of tickets which were really prepaid bus fares.” Enough money was raised to buy a Mack Auto Bus for $6,800. It held 25 passengers and even had solid rubber tires! Today Intercourse has been recognized as a “foodie” town by the Discover Lancaster Visitors Bureau. You'll soon discover why walking the streets of this tiny hamlet is an absolute must-visit for everyone.

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# Cakes and Tarts...Welcome Surprises at Jake's Country Trading Post

By Clinton Martin

Jake's Country Trading Post is not a restaurant, nor is it a diner or drive-in. And, it's far from a dive. Suffice it to say that Jake's has merchandise by style, variety and maker to appeal to all shoppers.

However, that Jake's is a feast for the senses with wonderful pies, cakes, and tarts is a welcome and unexpected surprise. Surprise! We're talking about candles! Extremely realistic-looking "baked goods" candles are a specialty at Jake's. Ranging in size from five to nine inches across, these whimsical candles produce a sophisticated scent, luscious and complex. Just don't bite into them, no matter how good they look. But do enjoy the aromas!

Jake's Country Trading Post is located at 2954 Lincoln Hwy. East, Gordonville, PA. For more information call (717) 687-8980 or visit www.jakeshomeaccents.com.

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## Dutch Country Dining

**(Continued from Page 10)**

*Mother came with a can of her Christmas cookies. I accepted.*

**Y is for Yogurt** When I was in the fifth grade (a long time ago), my teacher introduced us to a strange new food called yogurt. Parents at the time considered her a "health food nut." But she was smart and introduced us to yogurt with recipes for fruit yogurt popsicles. Once my mom made them, I was hooked on yogurt. And look where we are now! Even some Amish are into the yogurt business big time.

**Z is for Zook's Apple Dumplings** Zook's (on our cover) is famous for its unequaled meat pies (chicken, beef, and sausage). But much newer are their yummy apple dumplings. Read the fascinating cover story about Zook's in this issue. And thank them for solving my problem of finding something to end this article with the letter "Z."

I hope you enjoyed this latest edition of my alphabet soup of Amish Country foods. Have your own favorites? Jot me a note at editor@AmishNews.com. Maybe yours will make the next Annual Dining Guide!

# Confessions of a Super Saver Visitor

By Clinton Martin

I've always enjoyed getting the most out of getaway experiences, but I've always kept an eye out for coupons, deals, bargains, and steals. Is it possible to get the most without spending my way to the top? I've found the answer can be a resounding, "Yes!" Whether I've been at the beach, in the mountains, visiting a theme park, or even exploring here locally the Amish Countryside, I've found there's a good deal around almost every corner.

The Super Saver Package at the Amish Experience is one of those half-day, all-encompassing itineraries that includes a fully rounded-out experience of Amish culture, history, values and modern day lifestyle at an excellent price point.  The package includes four activities, an Experiential Theater, Old Order Amish House & One Room School, Amish Farmlands Tour, and Buggy Ride.

The showing of "Jacob's Choice" at the Theater is somewhat hard to describe.  Far more than a movie, but not a play, the Theater features a three dimensional barn set, plus Orlando-like special effects.  The visuals unfold on five different screens. But beyond the "wow" of the technology is a moving and hard-to-forget story of a young Amish man deciding whether or not to make his commitment to the Amish faith, his family and community, or move out into the outside world.

The Amish Country Homestead is a guided Old Order Amish house and one room school tour, Lancaster's only official Heritage Site Amish house, where expert local guides take visitors through nine different rooms and explain the "how" and "why" of Amish customs, Plain clothes, and life without electricity. I have to admit that it is fun sitting at real Amish one-room school desks to learn how eight grades are taught by one teacher.

Then it is off into the Amish farmlands on comfortable 14-passenger touring-buses that venture far out into the Amish countryside. The guide explains Amish farm life, church, "cottage industries," and local history and heritage while incorporating an Amish stop along the way (quilts, crafts, baked goods, etc.)  Every passenger on the Amish Farmlands Tour also receives an autographed Amish cookbook full of PA Dutch favorites.

Finally, a buggy ride is included at Aaron & Jessica's Buggy Rides, located on the same property as the Amish Experience and the iconic Plain and Fancy Farm Restaurant, on Route 340 between Bird-in-Hand and Intercourse. Remember everything is included in one very reasonable price representing a savings of over $20 if you were enjoying each activity separately. More information about the Super Saver Package can be obtained by calling 717-768-8400 extension 210 or by visiting us online at www.AmishExperience.com.

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# Intercourse Canning Company: A Good Place to be In A Pickle

By Clinton Martin

Is Amish Country better known for preserves or perishables? Pickles and chow chow or pies and cakes? Well, at Intercourse Canning Company they've made it their life's work to pickle, cure, preserve, and can all the best that Amish Country has to offer (cakes and pies just don't have that lovely crunch of a perfectly dilled cucumber!)

So for any visitor who wants to taste how Amish Country saves and sets aside the bounty of the harvest for the months ahead, a visit to Intercourse Canning Company is a must. That there are plenty of free samples to try before you pick a few favorites to take home with you is a real bonus. Always fascinating for shopper-browsers is the Canning Company's test-kitchen used for small-batch, often experimental recipes from which unique and interesting new goodies are created from whatever is in season in the nearby fields.

On my various visits to "the cannery" I've tasted the many results of the industrious Amish and English cooks who clearly enjoy meeting visitors and describing what they are "putting up" that day. I'm proud to say that some of the products I saw in research and development are now part of the daily selections. I recall especially the pickled watermelon rind being a taste that was especially surprising, refreshing, and perfect for any family gathering.

Intercourse Canning Company is open daily, including Sundays. Look for the store on Center Street, which is just south off Route 340 (Old Philadelphia Pike) in the village of Intercourse. Call ahead for hours and directions, (717) 768-0156 or visit www.intercoursecanning.com.

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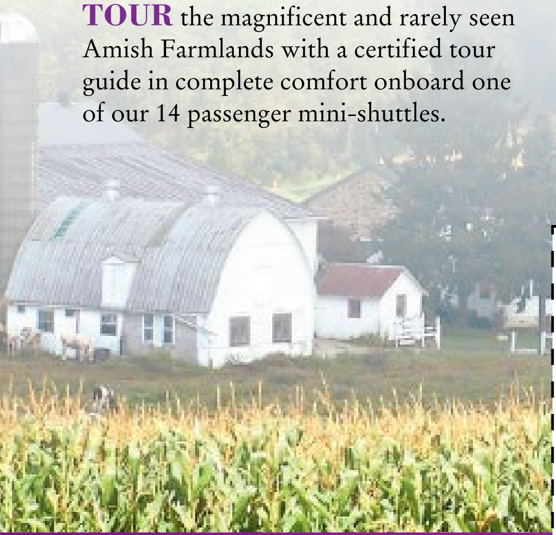

**SIT** in a desk at the new Fisher Amish schoolroom furnished authentically with desks and more from an actual Amish classroom.

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## FREE AMISH BUGGY RIDE

Receive a voucher for a free "Cookie Run Buggy Ride" just a few steps away at Aaron & Jessica's Buggy Rides with the purchase, at the Amish Experience Theater Box Office or online, of a regularly priced Supersaver Package.

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Plus, now through November 30, 2016 we'll provide each guest who purchases the Amish Farmlands Tour, when combined as part of your SuperSaver Package, with a voucher for a **FREE BUGGY RIDE** at Aaron & Jessica's, plus a free autographed Amish Cookbook.

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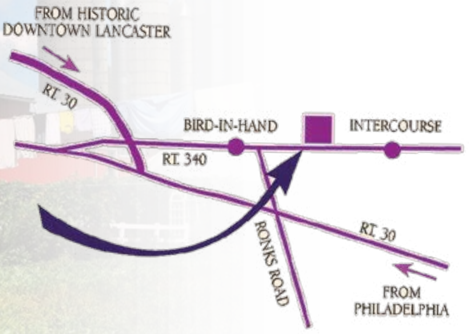

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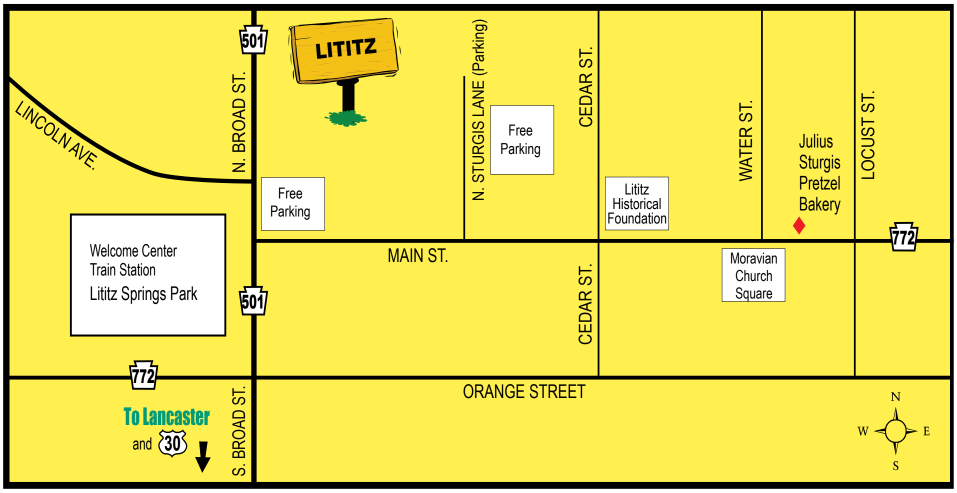
# Historic Lititz • A Hometown Treasure



There really is no place quite like Lititz, and visitors should plan time there while in Amish Country. The Lititz story is tied to that of the Moravian faith in Bohemia. As was the case with other persecuted religious groups in Europe, many Moravians sought freedom in the New World, arriving in the early 1700's, with settlements in Pennsylvania and North Carolina. In 1755 the town actually took the name Lititz, the German spelling for Lidice, where European reformers had taken refuge in the 15th century.

Music and education were important to the Moravians. In fact, the Lititz schoolhouse erected in 1746 marked the beginnings of what was to be Linden Hall, the oldest continuously operating residence school for girls in the United States.

For one hundred years, Moravian church members were the only people permitted to live in the town. It was not until 1855 that non-Moravians were allowed to own their own homes. The complex of buildings comprising the Moravian congregation is well worth seeing, particularly the church built in 1787.

One name is linked forever with the history of Lititz -- Julius Sturgis. It was Julius Sturgis who opened the first commercial pretzel bakery in the New World in Lititz. The year was 1861, and the site at 219 East Main Street is on the National Register of Historic Places. A tour of the bakery, still in operation, is unlike any other and well worth your time.

## Snackable & Crunchable: Definitive Pretzel History Made in Lititz

**By Clinton Martin**

Maybe Julius Sturgis didn't create the world's first soft pretzel. But, those delectable snack pretzels you buy at the grocery store, the crispy, crunchy, salty-good hard pretzels --- they all trace their history back to this one man, in the historic town of nearby Lititz, PA.

As far back as the early 1800's, there were numerous bakers in town, and all knew how to make soft pretzels. It was a simple way to get rid of left over bread dough at the end of the day and a popular treat amongst housewives and school children. One of these bakers, Henry Rouch, took over his father's bread bakery at 69 E Main Street in 1820.

In 1850, a 15-year-old Julius Sturgis began his bread baking apprenticeship under Henry. It was there that Julius began to experiment with soft pretzels. Julius' soft pretzels became a popular item for Rouch's bakery, and one of the shop's two ovens quickly became dedicated to Julius' pretzel pursuits.

But Julius noticed that from time to time, some of the pretzels were left in the oven overnight and accidentally baked a second time when the ovens were fired up for the next day. This "accident" made the pretzels hard and crispy. The bakers liked them, and Julius began to experiment with ways to perfect a hard pretzel. He tried different ingredient combinations for the dough, the dipping solution prior to baking, and even the temperatures they were baked to.

By 1860, Julius felt like he had perfected his recipe. He approached Henry to inquire about selling these pretzels in the bakery or to the larger general stores as a staple item. At the time, there was no such thing as a hard pretzel in the marketplace. Henry said no, that he saw no future in the hard pretzel.

Undaunted, Julius put his apprenticeship behind him to open his own bakery. He chose an old stone house that was built in 1784 located just a few blocks from Rouch's bakery. He added on to the existing house and built a four-bay brick oven in the back. By 1861, Julius had opened up America's first commercial pretzel bakery, and is rightly credited with introducing the hard pretzel as America's most prized snack food.

The house and bakery are still standing at 219 E Main Street today and, astonishingly enough, still operate as the Julius Sturgis Pretzel Bakery. Tours are offered (you can try your hand at pretzel twisting), and signature hard and soft pretzels are available on site. Call (717) 626-4354 for more information, or visit their website at www.juliussturgis.com.

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# Myths About the Amish

by Brad Igou

Carriage-making is a traditional non-farming occupation.

*Over the years, and even more so today with the proliferation of "reality Amish themed TV shows," there have been many misconceptions spread about the Amish. These often go beyond stereotypes, to outright lies, with one of the most unfortunate examples being the outrageous (but popular) "Amish Mafia" series. Admittedly, some viewers watch such shows for their entertainment value, but others actually believe much of what they see. Bottom line --- such shows make it difficult to separate fact from fiction.*

*In this series, we deal with several of the more understandable misconceptions about the Amish, many of which may have some truth to them, and try to provide a more balanced explanation. The reader should keep in mind that Amish customs vary a great deal across the USA, and much of what follows is focused on the Lancaster settlement, the oldest in the Nation.*

## "All Amish Are Farmers"

When I was growing up in Lancaster in the 1950's and 1960's, it was fair to assume that most of the Amish were farmers, mainly dairy, along with produce and some growing of tobacco. Although a handful of Amish draft-eligible men had other occupations during World War II, mainly because of their conscientious objector status, up until the 1970's farming was the primary occupation.

In the earliest days of tourism here, visitors seeking out Amish tour stops were largely limited to visiting Ebersol's Chair Shop and enjoying ice cream at Moses Stoltzfus's, the latter a side business on the Stoltzfus farm. Other occupations one noticed were almost always farm related… farm equipment, carriage maker, blacksmith, harness maker. Today, there are many Amish shops for the visitor to explore. What changed?

For starters, farmland became more and more expensive. One older Amishman recently noted that in his lifetime, a farm that once cost $100,000 is now over a million dollars or much more, depending on the acreage and location. Combined with the growth of commercial enterprises in what was once farmland, the cost of acquiring new land meant that more Amish men were required to seek work in nearby factories and elsewhere.

Eventually, talk of the "lunch pail problem," and the impact on the family of dad heading off to work in the morning and not coming home until the evening, surfaced. In addition to the patriarch being away from family, the influences of the modern world that inevitably influenced Amish working with "the English" all day long brought into question the long-term sustainability of Amish life here.

Some scholars looked at the potential threat of working off the farm, combined with tourism and disappearing farmland, and predicted the demise of traditional Amish culture in our area. In 1992, Randy-Michael Testa wrote AFTER THE FIRE: THE DESTRUCTION OF THE LANCASTER COUNTY AMISH, and postured that many Amish would be leaving the County under these pressures. However notwithstanding Testa's look into the future, the Amish population has more than doubled since 1992.

But changes in the Amish community were obvious... Small business enterprises were surfacing alongside Amish farms, dotting the countryside. Quilt and craft shops could be seen along nearly every country lane or back road. Not all departures from farming translated to "little" businesses as large furniture, gazebo, and storage shed enterprises became popular vocations. In time, these non-farming endeavors came to be known as "cottage industries," and now Amish could work for other Amish instead of outside factories.

As we entered the new millennium, fewer than half of the Amish here earned their living entirely as farmers. Perhaps even more surprising is the statistic from the Young Center for Anabaptist Studies at Elizabethtown College that…

"…in some communities fewer than 10% of households receive their primary income from farming. The shift from non-farm work is the biggest change in Amish society in the last century. Still, despite their growing involvement in business and commerce, the Amish remain a distinctly rural people. Many families combine off-farm work with hobby farming."

The diversity of these enterprises is surprising. Here in Lancaster we see auctioneers, greenhouses, yogurt makers, construction workers, upholsterers, aeroponics, basket and candle makers, just to name a few.

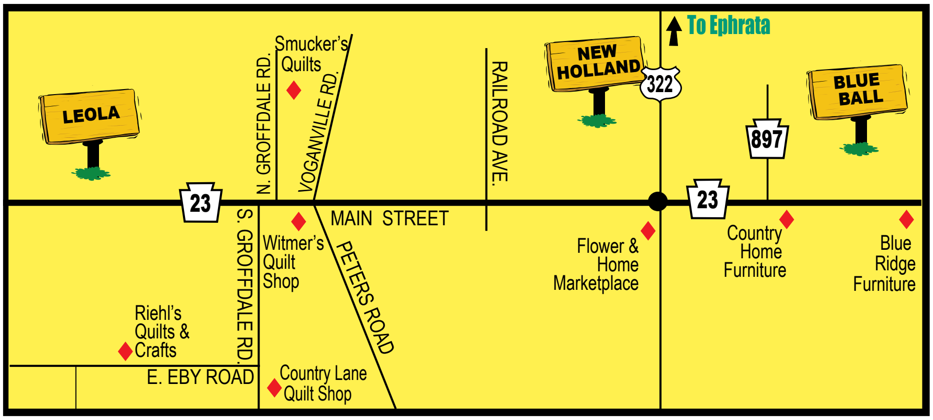
And on Eric Wesner's excellent website AmishAmerica.com, we find a list of "unusual" Amish jobs across the nation… "casket maker, CNC technician, strip miner, beekeeper, book rebinding, railroad work, nursing assistant, granola manufacturer, and chiropractor." He estimates that there are as many as 10,000 Amish-run businesses, ranging from family-run stands to larger operations employing 20-30 people.

Kraybill and Nolt's book FROM PLOWS TO PROFITS is a fascinating look at the rise of Amish businesses, noting that their success has resulted in a few with annual sales in excess of five million dollars. So yes, there are some Amish millionaires out there!

Indeed, things have changed…more Amish women excel in business. Amish carriage makers are sending their products across the USA and even to Europe. Some Amish have even traveled abroad to drum up business. Non-Amish businesses have sprung up to provide the Amish with internet and

**Continued on Page 27**

# Welcome to New Holland • Blue Ball



The instability in Europe in the late 1600's spawned and nurtured the pioneer interest in the deep forest lands of Pennsylvania. In 1681 William Penn received his 40,000 square-mile land grant to settle King Charles' debt to his father. Himself a Quaker, Penn had experienced religious persecution firsthand, and decided to establish his American colony based on complete religious freedom.

This entire century had been one of continued misery for the peasants of the Palatinate (western Germany). The Thirty Years War had raged across the area with barbaric ruthlessness. The peasant inhabitants fled to nearby Holland for refuge. And within a decade of the end of that conflict, King Louis XIV of France started a new religious war in the same general area. These Palatinate peasants were exhausted by war's desolation, and were ripe for a new start. Traveling land agents for William Penn's new colony found listening ears. In addition to religious freedom and a peaceful existence, Penn offered cheap land. The stated price was 100 English pounds for 5,000 acres.

By 1728, William Penn had been dead for 10 years and his American colony, called Pennsylvania, was being administered by a proprietary governor while the sale of land was formalized by patent deeds.

In 1802, when a post office was established and an official name was necessary, there was no objection to naming the town New Holland. These grateful people remembered how extremely kind the inhabitants of Holland were to them, and the assistance that included funds to cover the cost of the refugee German immigrants' ocean voyage.

This was no small matter when the alternative was indentured service for a period of years. For adults, indenture frequently meant four to seven years of labor without pay. Minors served until their 21st birthday. But still, William Penn's Quaker Pennsylvania was liberation compared to the Europe they fled seeking freedom of religion, assembly and speech for all, hopefully, none of which we take for granted today.

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# Always an Amish Country "Wilkum" at Lake In Wood Camp Resort

by Clinton Martin

*I recently had the opportunity to sit down with one of our most unique residents for an informal chat about his local insights into what makes a pleasant stay in Amish Country. Hans Gnomewell, one of Amish Country's many friendly gnomes, spoke with me about where he calls home.*

I happen to live at Lake-In-Wood Camping Resort in Northern Lancaster County. I chose to stay here because of the wonderful accommodations, activities and attractions this corner of beautiful Pennsylvania Dutch Country offers.

Lake-In-Wood Camping Resort is "home to us gnomes" because it is a friendly place, built to suit the lifestyles of today's campers (even the knee-high ones). From a weekend in your tent to a season in the deluxe park models, this resort becomes a treasured "Home Away from Home!" We gnomes are experienced "full-time" campers. We don't need tents or cabins, but after living under mushrooms, in hollow trees and the like for many years, it's nice to finally enjoy resort-quality facilities.

The resort features a magnificent entertainment hall with a beautifully restored pipe organ for hosting grand parties and resort gatherings. Other pavilions are available for smaller groups (the Gnome Bridge Club are regulars). Adults can also enjoy the picturesque views and intimate setting of the lake-view terrace.

**You're family can be the "Swiss Family!"**

If you do come and stay at Lake-In-Wood, I invite you to come and dine with me at the "Gnome Café", a charming eatery where we gnomes come out of hiding to entertain the resort guests. We've been known to host delicious pig roasts presided over by our very own "Porkmeister."

Of course, camping activities abound at Lake-In-Wood. Your kids will never tire of the two activity-filled playgrounds. The whole family will enjoy a refreshing dip in the Swimming Zone, featuring a full-size pool and a kiddie pool, not to mention relaxing spa waters.

Any time, any season and for any reason, I invite you to join me in this Pennsylvania Dutch Country paradise. Break away and celebrate the coming of Spring at the nearby festivals. Plan a sensational Summer vacation with us. Escape this Fall to explore the area's museums, farmer's markets and antique shops. Discover a land that's alive with over 200 years of Amish culture and history. Just make sure you stay where we gnomes like to play, at the Lake-In-Wood Camp Resort. Call 717-445-5525 for reservations.

**Deadline: Dec 31, 2016**

## Calling All Photographers!

2016 Amish Country News Photo Contest

All submitted photos become the property of Amish Country News and the Amish Experience. Photos may also be used in upcoming issues, in other publications, and/or for other promotional purposes. Photos will be judged on quality, color, subject matter, etc. Keep in mind that these photos are for publication, cannot be returned, and should depict a scene, aspect, event, or activity typical to Lancaster or the Pennsylvania Dutch Country region.

We will accept photos via email, and request that no more than 10 photos by the same person be submitted, so pick your best! Each photo submitted should be the highest resolution and contain the name, address, phone # and email address of the photographer, so they can be contacted. Any details on the location, date, or subject matter of the photograph should be included. To enter, send photos in .jpg or .tiff format to: editor@amish-news.com (Please put "2016 photo contest" in the subject line)

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# Never On Sunday? Doesn't Have To Be So in Amish Country!

by Clinton Martin

Are you thinking to yourself, "There's probably nothing to do on Sunday in Amish Country"? It's been a thought that many, if not most visitors have had for years. Well, while some of the popular attractions, shops, and restaurants may not be open Sundays, there is plenty to see and do with a little careful trip planning in advance.

Take a moment, sit down, and page through this magazine. For your convenience, in our Index we've noted all of those advertisers open Sundays (S). You'll find at least a dozen cool things to do on a Sunday, including "Spending a Day with a Knight" at the Pennsylvania Renaissance Faire. But, when thoughts of food begin to creep into the conversation or somewhere deep in your underbelly, tuck the magazine under your arm, punch 6 N. Reamstown Rd., Reamstown PA into your GPS, and head directly to Union Barrel Works. Why am I sending you to a brew-pub on a Sunday morning? For one fantastic Sunday Brunch, that's why!

In fact, consulting your AMISH COUNTRY NEWS for Sunday activities will be infinitely more satisfying while you graze over a generous portion of UBW's excellent Eggs Benedict or Stuffed French Toast. Oh, and what would Sunday Brunch at a brew pub be without a little luxurious liquid from the tanks? UBW mixes up an unusually tasty Bloody Mary with their house-brewed Pale Ale. And yes, they do feature classic Mimosas too. Call (717) 335-7837 or visit www.unionbarrelworks.com for more information. Cheers, and see you Sunday!

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## Myths About the Amish

**(Continued from Page 24)**

email services, and the ability to sell online. Smartphones are becoming ever more common, largely spurred by the inescapable "need" to conduct business.

Wesner, who is also author of SUCCESS MADE SIMPLE: AN INSIDE LOOK AT WHY AMISH BUSINESSES THRIVE, observes…"As a whole, Amish have registered five-year business survival rates of over 90%. In some cases, Amish have achieved unprecedented financial success, which has led some to concern over how an influx of wealth will affect Amish society over the long term." Indeed, when I asked an Amish friend what he felt the biggest threat to Amish culture was, he answered simply, "Prosperity."

In time, we may see more Amish communities following in the path of their Lancaster brethren, as the pressures of goverment regulations, milk prices, start-up costs, scarcity and expense of land cause families to consider their options of moving elsewhere, continuing to work in factories, or establishing a business of their own. The Amish ability to adjust and adapt has shown that they are a vibrant and resilient culture, balancing technology and change with faith and values. Time will tell, but I wouldn't bet against the Amish remaining a fixture here in Lancaster County for generations to come.

# Social and Independent --- Gathering Round the Table at the Stone House

**By Clinton Martin**

There is no shortage of restaurants in Lancaster County, but the Stone House stands out among eateries here by embodying a true, local, family-friendly, social-scene, independent sports bar, grill, Italian-American historic gem. A mouthful to describe perhaps, but a mouthful from their menu will have you grinning with the insider knowledge that the Stone House very well may be the best steak-pasta-pizza-chops house in Amish Country.

I frequent the Stone House, and while the original 1792 bar typically occupies my attention, I am also known to sit down to a fine meal with my whole family. So a classic gin-fizz is a guarantee here, but what should you order off the menu? Ah, hungry reader, you've got a concierge de cuisine here, and I won't "steer" you wrong (pun certainly intended.)

Yes, you should start with beef. But the sliders at Stone House boast a Mediterranean twist, with lamb married deliciously with the beef into a handheld pub bite including aged provolone, lettuce, tomato, red onions, and cucumbers. After sharing a plate of tender and juicy mini-burgers with your family, I recommend a refreshing and crisp salad as your next course.

May I suggest the Stone House Insalata? It is a bed of spring mix, roasted red pepper, tomato, fresh mozzarella, prosciutto, olive oil, and a dash or three of Stone House's own chef-made dressing. The taste is bright, clean, fresh, and you can almost feel the nutritious and healthy boost that the flavors bring to your palate.

For your main course, my current favorite is the Tagliatelle Alfredo. Similar to fettuccine noodles, tagliatelle pasta is long and flat, with design origins in Italy, of course. Chef Abramo D'Isidoro is skilled at making pasta by hand, and all the pastas at the Stone House are made on site under his expert care. This is definitely not your curbside Garden of Olives.

By now, you'll probably be ready to wave the white flag and acknowledge you're full. Not overstuffed, just pleasantly and blissfully satisfied after a delicious meal. But, a meal of this size calls out for a traditional after-dinner "digestivo." Stone House's fully stocked bar has just about anything you could want. I typically call for a snifter of Limoncello, chilled of course.

Whether you follow my suggestions, or pick your own way through the Stone House's enticing menu, you are sure to enjoy a satisfying meal in a welcoming atmosphere.

Point your GPS to 5267 Lincoln Highway, Gap, PA. Basically, you take Route 30 east from Lancaster. You'll turn left into the Stone House's parking lot after crossing the light at Route 772. If you reach Route 41, you've gone too far. Call (717) 442-7995 for hours and more information, or visit www.stonehousegap.com.

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# Strasburg - A Town of Trains & Heritage

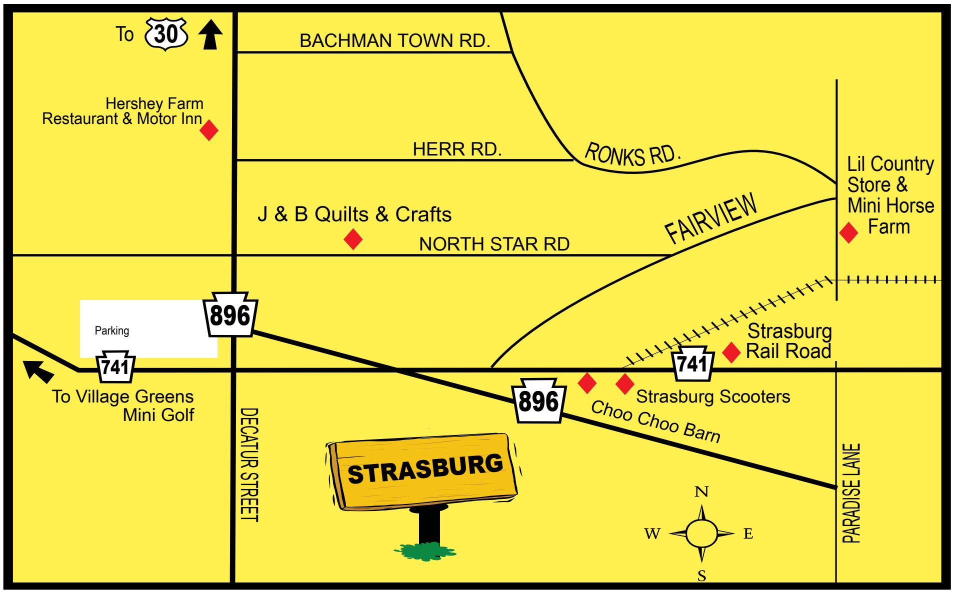
All aboard! Strasburg is a destination all its own in Dutch Country, home to many well known attractions. To name just a few --- the Strasburg Rail Road, Ghost Tours of Lancaster, National Toy Train Museum, and the Choo Choo Barn. But you may not know much about the interesting history of "Train Town." Strasburg, named for the city in France, was actually "founded" by a Frenchman, Pierre Bezaillion, who traded with the Delaware Indians. The story goes he came to the area in 1693, as French fur traders opened up the first path through this area from Philadelphia to the Susquehanna River.

As early as 1716, when the first wagon was used for hauling goods, the path became known as the Conestoga Road, and the wagons that traveled them eventually became known as Conestoga Wagons. Main Street Strasburg was developed during the next half century as traffic on this road increased considerably and the first log houses appeared in the village about 1733.

Strasburg continued to flourish in the 18th century primarily because of its location along the major wagon routes between Philadelphia, Lancaster, and the Susquehanna River. As Strasburg flourished, so did its neighbor to the east, Philadelphia. The commercial interests of Philadelphia pressured the State Legislature to improve the transportation network into their city. As a result, a series of canals along with the Philadelphia and Columbia Rail Roads were constructed. Strasburg residents became alarmed at the possibility of losing their commercial position and there soon emerged a charter for the Strasburg Rail Road to construct a rail line connecting Strasburg with the Philadelphia and Columbia Rail Road main line near Paradise. Finally in the 1850's, trains were hauling freight and passengers.

About 100 years later, business had dwindled, and a severe storm in 1957 destroyed much of the track. It seemed the SRR had reached the end of the line. To the rescue came a group of local train enthusiasts who began bringing the SRR back to life in a totally new way. They added passenger cars and buildings, and today's Strasburg Rail Road was born, destined to become one of Dutch Country's top attractions.

Appropriately enough, the State decided to build an expanded Rail Road Museum of Pennsylvania across the street, the ideal place to preserve the history of railroading in Pennsylvania. With the other train attractions nearby, it's little wonder that Strasburg has earned the title of Train Town!



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# An Amish Country Must-Visit... Obie's Country Store

**By Clinton Martin**

There are country stores throughout the United States. They come in all shapes and sizes. And frankly, most tend to be "boring." Boring, at least, in comparison to Obie's Country Store. You simply have to visit this store to get my drift. It is truly an amazing place. For once, the adjective "unique" is not an exaggeration.

The store itself is historic, and has remained in the same family for generations. The

**Continued on Page 32**

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# Nothing Small About the Tastes at Lil' Country Store

**By Caleb Bressler**

Lil' Country Store & Miniature Horse Farm is a delightful one-stop Amish shop. It has three things visitors to Amish Country look for…animals, crafts, and food. Since this is our annual foods issue of *Amish Country News*, we'll be focusing on the different goodies available during your visit to the Miniature Horse Farm and afterwards.

I visited the store on a beautiful September morning. Perusing the food options, I was tempted by the homemade root beer, vast selection of candies, salty snacks and Turkey Hill ice cream (which is hand-dipped). My mission: to find some snacks, take them back to share with my co-workers at the office and, of course, sample what I had purchased.

I decided I'd go for the homemade potato chips, seasoned pretzels, and chocolate chip cookies. I returned to the office and was greeted warmly (amazing how that happens when you come bearing gifts)! We quickly dug into the snacks. The potato chips were cooked in canola oil, so for the lard avoiders, you're safe. The flavorful chips were tasty and crunchy. I also enjoyed the fresh cookies, as chocolate chip is one of my favorites.

However, the unanimous choice of "favorite snack" was the sour cream and onion seasoned pretzels. As my co-workers and I can attest, they were addictive. Needless to say, they were gone before the day was out. If you are a crunchy snack fanatic, you'll be picking up a bag of these during your visit.

While snacking at the Lil' Country Store, you most assuredly will enjoy the miniature horses and watching the goats climbing on their own jungle gym.

Only a short drive from Strasburg or Bird-In-Hand, and rated 4.5 out of 5 stars on Trip Advisor, you can find this Amish Country gem at 264 Paradise Lane, Ronks, PA 17572. Have questions? Give them a call at 717-687-8237. And don't forget the napkins!

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## Obie's Country Store

(Continued from Page 30)

floors, walls, and windows tell you that they have changed little over the years. The old advertisements, handwritten notices, and overall sense of space are steeped in an environment we're so unaccustomed to that even Hollywood would have a difficult time replicating it.

The merchandise spans a spectrum of variety that you won't find in any catalogue or even on Amazon. Penny candies in one aisle, and bolts of fabric in another. Finished quilts overhead, while under foot you've got puzzles, toys, books, and cross-stitching supplies. Aisles of the unusual in this store are as far from Wal-Mart as you can imagine.

Do you hear Obie's Country Store beckoning? For hours and directions, call (717) 445-4616. For GPS directions, use 1585 Main St, East Earl, PA 17519.

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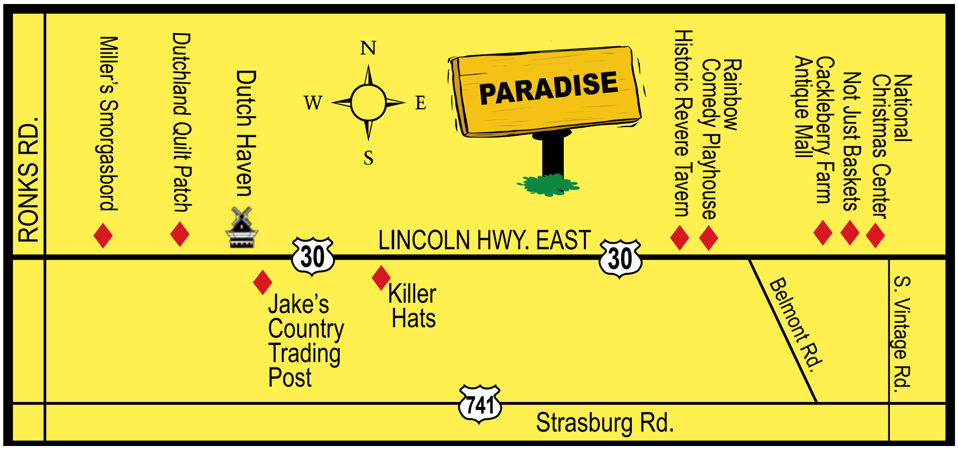
# Welcome to Our Paradise



Visitors to Lancaster from the east on Route 30 travel through Paradise. The town's story traces back to Europe over 300 years ago, to the area of the Palatinate in Germany where Protestants had settled following the declaration of King Louis XIV that all Protestants in France would be persecuted. Fearing a French invasion, many accepted the invitation to settle in the New World in William Penn's colony of Penn's Woods. By 1712, they had secured land in Lancaster's Pequea Valley as the area's first white people, living peaceably with local Indians.

The origins of Route 30, also known as "Lincoln Highway," date back to Lancaster's Colonial days when the frontier county needed a highway to connect it with the provincial capital of Philadelphia. The first road that was constructed is now Route 340, still referred to as the "Old Philadelphia Pike." Soon, it was apparent that this road was insufficient to handle the increasing traffic, and in 1790, a commission to survey a new route was created. Since the cost was too much for the state to undertake, the company charged with building it was given the power to demand "reasonable" tolls from users. Investors received dividends earned from tolls collected along the gates of the turnpike. (As the toll was paid, the gate or "pike" was turned, hence the term "turnpike"). The "Lincoln Highway" (Route 30) opened in 1795 as the first long-distance, hard surfaced road in the country. Taverns and stagecoach stops grew up along the turnpike for weary travelers. Of these, the Revere Tavern, dating back to 1740 and originally called the "Sign of the Spread Eagle," still proudly stands today. In 1841, the tavern became the residence of Reverend Edward V. Buchanan and his wife Eliza Foster Buchanan. Eliza was the sister of Stephen Foster, whose immortal songs will always be a part of Americana. Foster not only penned music at the tavern, but sent many of his manuscripts to Eliza, also a talented musician, for her approval. On the banks of the Pequea Creek, Eliza and Stephen played many of Stephen's 200 songs, including "Way Down Upon the Suwannee River" and "Oh! Susanna." Wherever you happen to call "paradise," we hope that a little bit of our own Paradise won't do you any harm!

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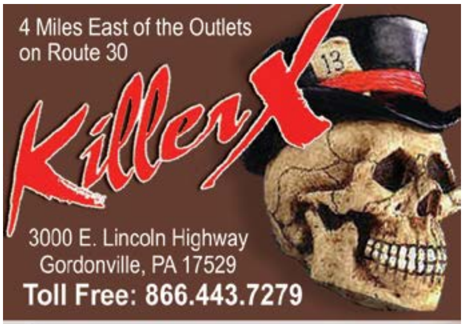

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# Dutch Haven – Shoo-Fly Pie Famous

**By Clinton Martin**

Whether you are visiting Amish Country for the first time or the fiftieth, there is one rite of passage that must be observed. That is, of course, removing an ooey-gooey, crumb-topped and molasses bottomed slice of Shoo-Fly Pie out of a warm-from-the-oven pan, swirling some fresh whipped cream on top, all with only one final destination in mind – your tummy.

At Dutch Haven, the windmill-decked landmark building along Route 30, just a few miles east of the Outlets, they do this for you, and at no charge! Remember, this is the place that made Shoo Fly Pie famous, and free samples are given out to everyone who walks in the door. I suggest you try some with their delicious "root beer."

Most visitors love the taste so much they buy a pie or two to take home. Dutch Haven also offers the convenient option to ship a pie to a friend… or give yourself a treat and ship one to yourself!

While the shoo fly pies are certainly Dutch Haven's most famous creation, the famous windmill building is stocked full of interesting gift items, from cool and collectible souvenirs to authentic handmade Amish crafts. T-shirts, hex signs, local jams and jellies, and assorted baked goods are also available.

Visit Dutch Haven 9:00am to 7:00pm Sun. – Thurs. and 9:00am to 9:00pm Fri. and Sat. Call 717-687-0111 for more information. www.dutchhaven.com

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# Cackleberry Farm Antique Mall Extravaganza

By Clinton Martin

Cackleberry Farm Antique Mall celebrates, for the 20th year in a row, a massive Columbus Day Weekend Extravaganza. The event runs Saturday, October 8th through Monday October 10th. Among the festivities are free balloons for kids, free door prize drawings, and a free gift with any purchase. Cackleberry Farm Antique Mall is located at 3371 Lincoln Highway East, Paradise (Route 30.)

The Mall will be offering store-wide savings on almost everything across the 26,000 square feet of antiques and collectibles displayed by over 125 dealers. Cackleberry Farm Antique Mall has long enjoyed its reputation for exceptional furniture, glassware, sterling silver, clocks, advertising, jewelry, fine china, toys, books, postcards, trains, Christmas items, pottery, linens, primitives, kitchenware and much more.

Within the mall is an Old Time General Store, which takes visitors back to the "Mom & Pop" stores of years ago. Cackleberry Farm Antique Mall prides itself on being a classy place: clean, climate-controlled, brightly lit, and carpeted throughout.

There is plenty of free parking, including parking for campers, trailers, and buses. Call (717)-442-8805 for mall hours or check on the web at www.cackleberryfarmantiquemall.com.

# Fulton Steamboat Inn: Cruising Amish Farmlands

By Clinton Martin

The Fulton Steamboat Inn is, without question, Lancaster County's most uniquely-themed full service hotel. It pays homage to Lancaster's native son Robert Fulton, the man responsible for developing the idea of propelling boats by steam.

The hotel, fashioned after an elegant Victorian steamboat, overlooks beautiful Amish Farmland, and is located within minutes of Lancaster's most popular attractions.  Faithful to its authentic riverboat inspiration, the Fulton features three elegant decks of beautifully decorated, nautically themed guest rooms.

The on-board dining room, Huckleberry's Restaurant and Tavern, offers a charming and casual experience with signature recipes using fresh local ingredients.  Many repeat visitors know what they'll be ordering without even glancing at the menu.

My current favorite at Huckleberry's is a delicious combination of land and sea.  Starting with the sea, the fire-grilled jumbo shrimp appetizer is memorable and satisfying, awakening the taste buds with four (not too many, not too few) spicy grilled shrimp served atop an orzo pancake with mixed greens.  Yes, it is permissible to wrap some of the greens up in the pancake with a shrimp tucked inside.  Delicious!

Before my entrée arrives, I usually choose a tipple from the bar, not often straying from the Steamboat Martini.  Huck's barkeep likes to make his with Smirnoff Vanilla Vodka, Kahlua and Bailey's Irish Cream.  He serves it in a caramel-garnished martini glass.  So there's a pleasant candy finish to the drink once the glass is empty.

Entrees at Huckleberry's include either a soup or a salad as a side, but I always go with the salad.  Partially because it's good for me, but also because they truly do have really fresh salads and tasty house-made dressings.  But, the salad is only a prelude to the hero of the evening, a tantalizing (and traditional Lancaster County favorite) grilled pork chop.  This is a 12 ounce, bone-in pork chop topped with sweet tomato chutney and is absolutely fabulous.

On my last visit to the Fulton Steamboat Inn, I noticed they are now offering "All-Inclusive" cruise packages.  This means guests can book an overnight stay that includes ala carte breakfast and dinner in Huckleberry's Restaurant, beverages in the Tavern, all wrapped into one price for the stay.

Whether you prefer to dine only, stay only, or both, you can't go wrong when you book passage aboard the Fulton Steamboat Inn, and discover the same style and dedication to comfort and fine dining that made the legendary riverboats of the past famous! Call (800) 922-2229 or visit our website at www.fultonsteamboatinn.com.

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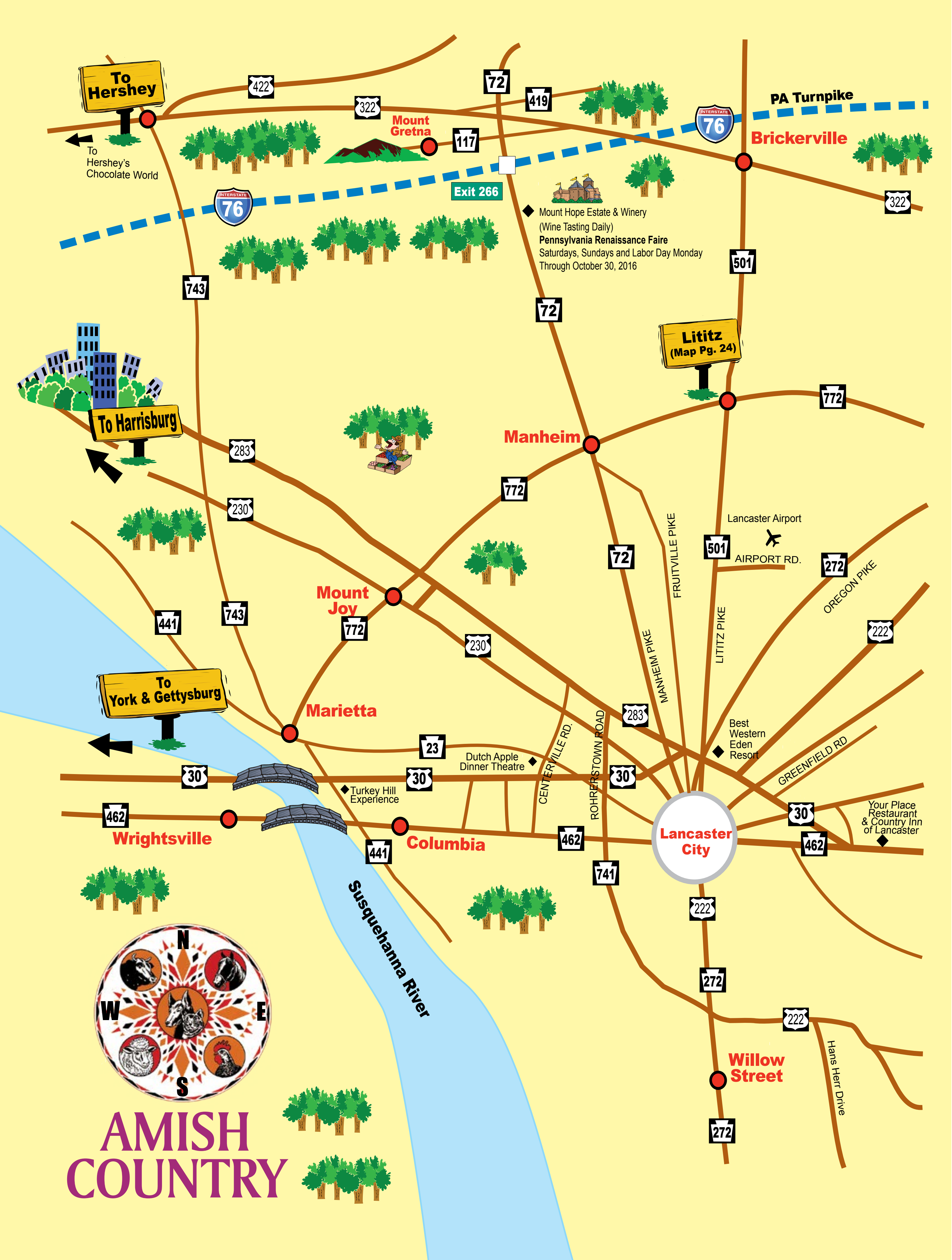

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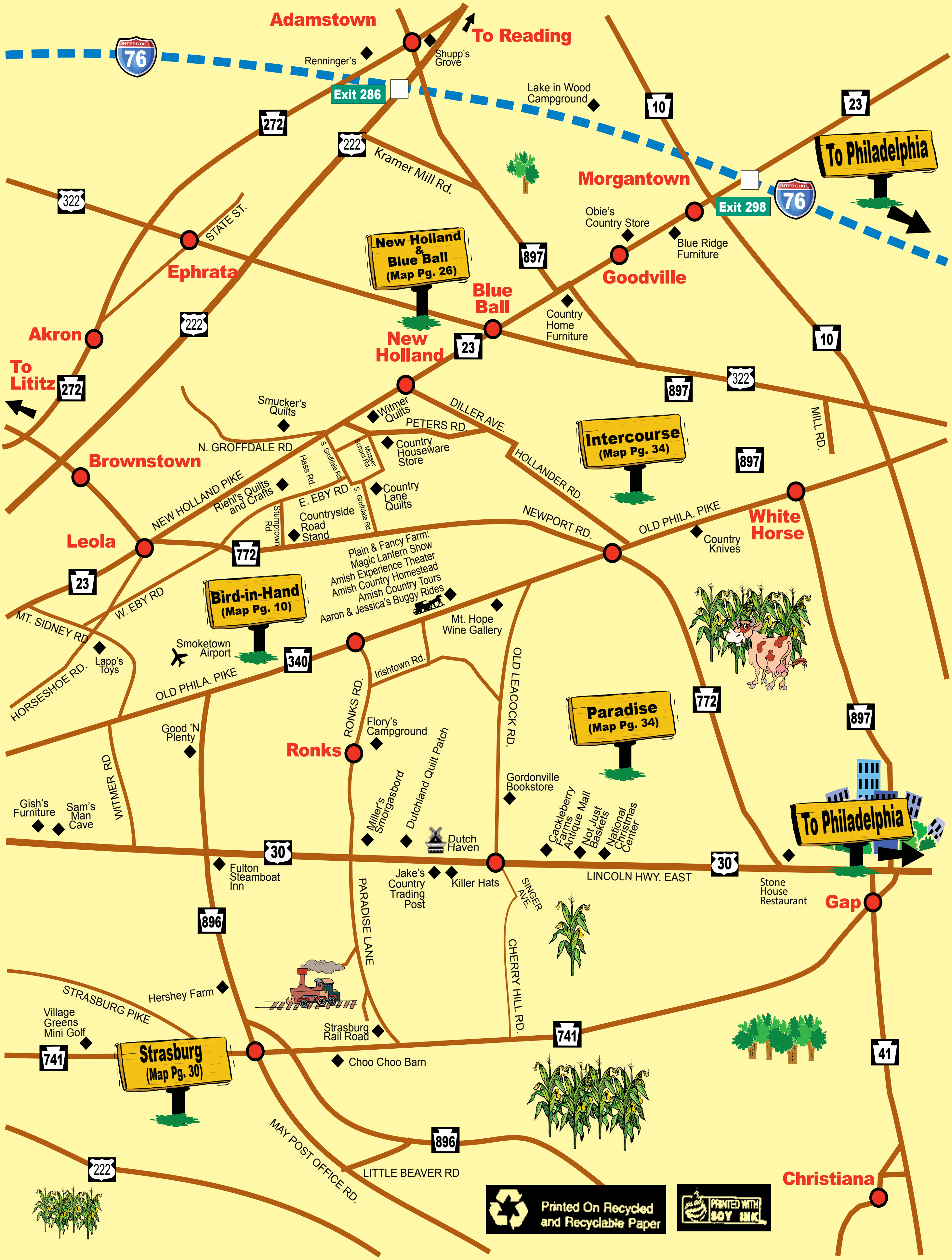

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# Publisher's Message

## You Are What You Eat and Who You Meet

By Brad Igou

In this, our Food and Dining issue, I wanted to reflect on how food and dining experiences are tied to people and places. By recalling a memorable meal, we remember the people we were with, whether it was a birthday party, or even a fiasco of a family Thanksgiving dinner.

The popularity of the "Food Channel" points to our obsession and undying interest in cooking, food, eating places, and the people we meet along the way. And now, a few personal food stories…

When I was in the Peace Corps in Costa Rica, I was working with very poor farmers in rural areas. A meal tended to be thick corn tortillas, queso (cheese), rice, and black beans. Meat, be it pork, chicken or beef, was reserved for special occasions.

One day after working with a farmer, I was shocked to see him come from behind the house and appreciatively hand me a chicken. I knew the chicken was being saved for a special occasion with his family, so I declined. But he insisted, and I rode back on the bus holding my live chicken. I still say it is the best gift I have ever received and one I'll never forget.

In Japan, one of my adult English classes liked to go out after class in the evening for snacks and sake. I often admired the designs and pottery work on the small sake pitchers and cups. Designs for the fancy cups differed from restaurant to restaurant. When I departed Japan after teaching in the same school for several years, I was given a gift. My students had secretly been "stealing" a sake cup from the various restaurants we had visited. To this day, they bring back pleasant memories along with the hope that the restaurateurs didn't suspect me as the mastermind of the great sake caper.

My business partners enjoy eating out, and sometimes on retreats or at trade shows we'll frequent an especially nice restaurant as a "reward" at the end of a productive day. These places were always interesting, with great food, and many memories and stories remain connected to them even now.

And then there was the time with my parents in Florida when I bought a Key Lime Pie at an Amish restaurant in Sarasota to enjoy for our Thanksgiving dinner away from home.

In the Amish world, eating and socializing and special events are all intertwined. After Sunday worship services in a neighbor's home comes the Sunday meal, simple food with men and women served in separate rooms, in rotation from oldest through youngest.

Amish wedding meals are legendary. In Lancaster, temporary buildings are sometimes erected to accommodate everyone. It's customary to find celery and "roast," which is bread filling with pieces of chicken. Stephen Scott in his book "The Amish Wedding," notes one wedding where 10 gallons of mashed potatoes, 10 quarts of gravy, 20 quarts of cole slaw, 50 quarts of apple sauce, 30 cherry pies, 400 doughnuts, fruit salad and tapioca pudding were consumed.

Eating together at daily meals is extremely important to the Amish. That's why an Amishman once said the most important piece of furniture in his home was the kitchen table.

Indeed, much of what we learn about behavior and socializing comes from our interaction around the table. It's certainly one of the reasons that a giant turn-off for me is to observe dining companions ignoring each other, heads down, glued to their smartphones when eating out.

For us who live locally, we are extremely fortunate to find seasonal fresh fruits, vegetables, and baked goods on almost every country road. With such bounty surrounding us, we often forget the many who go to bed hungry.

Visiting Amish Country provides the opportunity to better appreciate the hard work of farmers and others who bring food to us. On an Amish Country Tours VIP Tour you'll quickly see that getting milk to the table is an amazing process involving a lot more than just milking the cows!

I know you will enjoy your food experiences here, whether it's devouring a whoopie pie at a stand along the road, or dining in style at one of our fine culinary establishments.

Finally, I hope that reading this will also trigger some fond food memories for you of the people with whom you've enjoyed "breaking bread."

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***Available Monday thru Saturday (see the Sunday Ride below).***

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This 30 to 35 minute tour is the only ride available on Sundays. The Sunday Ride is a lovely tour through an all Amish area. There are no stops on this ride due to the Amish's observance of the Sabbath.

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